

# Heat & Eat

## Should I apply for Food Stamp Benefits?

Yes, Food Stamp benefits are not welfare. The Food Stamp Program is a nutrition assistance program and will give you more resources to spend on food.

## Should I apply for HEAT? (This may help you to get *more* Food Stamps!)

Yes. People who apply for and get HEAT or LIHEAP benefits may get more Food Stamps. This happens because getting HEAT - even a small amount - shows that you pay for part of your heating costs. People who pay part of their heating costs get more Food Stamps than those who don't pay for heating.

## How do I apply for Food Stamps?

You can go to a local Department of Workforce Services Office, apply online, mail-in, or fax an application. For more information, call :Utahns Against Hunger at 801-328-2561. To apply online: [www.utahhelps.utah.gov](http://www.utahhelps.utah.gov)



## Utahns Against Hunger

455 East 400 South, Suite 407  
Salt Lake City, Utah 84111  
801-328-2561  
800-453-3663

